

Digital Mindfulness

DH Course - Fall 2026

Course Overview

This course helps students practice a harmonious relation with digital technologies. Students will learn about digital platforms through the lenses of Buddhism. The course includes weekly mindfulness practices. The main learning goal is to help students shift from passive consumers of digital architectures to designers of their own emotional environments.

Course Structure: This is a blended (hybrid) course that includes:

- **Online (asynchronous):** Podcasts and Leaders & Learners forums
- **In-person (weekly, 90 minutes):** Learning circles and meditative practices

Requirements: No prerequisites, corequisites, or antirequisites

Learning Outcomes: By the end of this course, students will:

- Have acquired the skills and tools to shift from passive consumers of digital architectures to conscious designers of their own attentional and emotional environments.
- Get familiarized with the principles of design and business models that govern our interactions with digital platforms.
- Start learning about some concepts, practices and texts from Buddhist philosophical and contemplative traditions.
- This knowledge of Buddhist tenets, along with the practical mindful experiences, will help them interpret our mind's reactions to designed digital environments
- The weekly mindfulness practices will help students to become autonomous, mindful designers of their own digital experiences.



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